



Introducing family foods



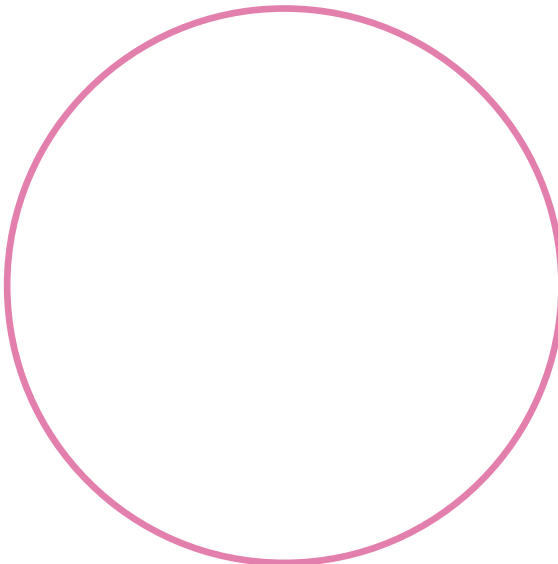
Feeding tips



Starting a cup



Foods and drinks to avoid



Happy mealtimes

Infants 6–12 Months

Introducing family foods

Suggested Question:

- What questions do you have about giving solid foods to your baby?

Tips:

- Wait until your baby shows signs of readiness, such as sitting up without support, reaching and grabbing, and taking food from a spoon.
- Start with baby cereal or give smooth, strained, or pureed vegetables.
- Do not put cereal or other foods in the bottle.
- Introduce only one food at a time. You may need to offer the food many times before your baby will eat it.
- Babies need to practice to learn how to eat.
- Be patient. Babies are messy eaters.
- Around 8 months babies enjoy picking up small pieces of food with their fingers.

Handouts:

- *Feeding Your Baby: 6 to 12 Months*
- *I'm Ready! Feeding Family Foods to Your Baby*

Feeding tips

Suggested Question:

- What questions or concerns do you have
- about preparing formula or feeding your baby?

Tips:

- Breastmilk is still the best food for your baby.
- Wean your baby from the bottle gradually around 12 months. If you are breastfeeding, continue as long as you and baby want to.
- While breastmilk or formula will remain the most important part of what your baby eats, your baby will gradually take less as baby starts to eat more solid foods
- Let your baby feed himself with a spoon or his hands. Be patient. Babies are messy eaters.
- Babies can easily choke on foods like hotdogs, chips, fries, nuts, grapes, popcorn and candy.

Handouts:

- *Feeding Your Baby: 6 to 12 Months*
- *Feeding Family Foods to Your Baby*

Starting a cup

Suggested Question:

- What questions do you have about starting your baby on a cup?

Tips:

- Start teaching your baby to use a cup at around six months.
- Wean your baby from the bottle gradually around 12 months. If you are breastfeeding, continue as long as you and baby want to.
- Children who use a bottle after their first birthday sometimes gain too much weight.
- If you use a bedtime bottle, put plain water in it.
- Limit juice to 2 ounces mixed with 2 ounces of water per day. Give the juice in a cup, not in a bottle.
- Do not give regular cow's milk until your baby turns one year old.

Handout:

- *Time for a Cup*

Food and drinks to avoid

Suggested Question:

- What have you heard about which foods or drinks your baby should not have right now?

Tips:

- Never feed your baby egg whites or foods with honey.
- Babies can easily choke on foods like hotdogs, chips, fries, nuts, raisins, grapes, popcorn, and candy.
- Always sit with your baby while baby eats.
- Do not give regular cow's milk until your baby turns one year old.
- Do not give drinks that are high in sugar and low in nutrients like Kool-Aid, soda, and juice drinks.

Handouts:

- *Feeding Your Baby: Birth to 8 Months*
- *Feeding Your Baby: 6 to 12 months*

Topic of your choice

Infants 6–12 months

Happy mealtimes

Suggested Question:

- What are your concerns about mealtimes?

Tips:

- Parents decide what to serve and when. Babies decide how much to eat.
- Keep the TV off during mealtimes. Make mealtimes a family time.
- It is normal for babies to play with their food.
- Mealtime is a good time for dads and others to be involved with feeding the baby.
- Babies need to practice to learn to eat. Try not to worry about spills. Be patient. Babies are messy eaters.

Handouts:

- *Feeding Your Baby: Birth to 8 Months*
- *Feeding Your Baby: 6 to 12 months*